



Rachel Lynch (FibroIreland)

“I would hope that Patient involvement in Ireland would be seen as a ‘must have’ rather than a ‘nice to have’. The knowledge and experience that experts have will be different to the experience of someone who is living with a health condition. My personal motivation for getting involved is to promote early diagnosis and implementation of an appropriate treatment plan for patients with Fibromyalgia. Involvement is important to me because patients have a wealth of information from lived experience. Tapping into this can lead to better and more innovative solutions.”

Expertise / Areas of interest

- EUPATI fellow
- Degree in Visual Communication
- Diploma in Counselling
- Higher Certificate in Literacy Development
- Train the Trainer FETAC L6
- Radio Broadcasting and Production FETAC L5
- Accredited member of IACP
- Member of The Psychologists Protection Society
- Member of Nala
- Member of the Teaching Council of Ireland
- Member of DIA
- Interested in sleep, gut, hypermobility and thyroid studies
- 2015 – Trained 25 health professionals for Target Counselling Service on 2 day workshop on Understanding Fibromyalgia
- Web administrator for www.fibroireland.com
- Blog: <https://theaccidentaladvocateblog.wordpress.com>
- Twitter: @rachelmlynch

Patient involvement experience

- On board of FibroIreland (patient organisation)
- 2015 - Research Assistant on a Doctoral Research Project: ‘Maintaining Wellness in Fibromyalgia’, Centre for Psychological Health, TCD Ireland
- Involved in a WRAP (Wellness Recovery Action Planning) that informed a wellness intervention to a patient group in the School of Psychology, TCD.
- 2015 - Establishing & facilitating a support group for young people with Fibro/Me, TCD
- 2013 – Patient recruitment for ‘The Subjective Experience of Male and Female Fibromyalgia Patients in an Irish Population’